

*Providing FREE professional programs and emotional support, education and hope for people impacted by cancer, because **community is stronger than cancer.***

### **Looking to join CSCGP?**

We host weekly orientation calls and in-person meetings for those wanting to get support through our community.

Please start your [new member profile](#) on the website under 'how to join'

### **Locations**

The Suzanne Morgan Center @ Ridgeland  
215-879-7733

Gilda's Club  
215-441-3290

Doylestown Hospital  
215-345-2022

St. Mary Medical Center  
215-710-4512

Alliance Cancer Specialists @ The Cancer Institute of Doylestown Hospital

Alliance Cancer Specialists @ Grand View Outpatient Center

Alliance Cancer Specialists @ Bensalem

# June 2023 Program Calendar

Each location (*Virtual, Ridgeland, Gilda's Club, Doylestown Hospital & SMMC*) have individual calendar pages. Programs that are hybrid are listed on *both* the virtual calendar *and* the physical location.

## **General Program Descriptions**

### Support / Networking Groups

Include programs such as; Living with Cancer, Cancer Specific Networking Groups, etc. Attendance within these groups require a pre-conversation with a staff person and attendees to join as a member.

### Educational Workshops

CSCGP offers a variety of educational workshops facilitated by experts their field. Keep an eye on the calendar each month for special events.

Mind-Body Wellness programs seek to support our members who want to practice and be mindful of their health in a supportive, group environment. Our programs are taught by professionals or volunteers who want to help members who wish to work on a healthy lifestyle at their own pace.


### Children & Teen Programs (CTP)

Groups and activities geared around families with school aged children and dealing with a cancer diagnosis within the home. For more information about Children & Teen Programs, email [Christina@cancersupportphiladelphia.org](mailto:Christina@cancersupportphiladelphia.org)

To view the full calendar and register to join, visit our website at [www.cancersupportphiladelphia.org](http://www.cancersupportphiladelphia.org) OR scan the QR code



# JUNE VIRTUAL PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
29  CSCGP CLOSED  	30 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation	31 10:00am – Reiki 5:30pm – Yoga Therapy for Cancer	1 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	
5 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 1:00pm – Colorectal Cancer Networking Group 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness	6 9:30am – NIA <i>Sponsored by the Bob Brockman Nia Fund</i> 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Mindfulness-Based Stress Reduction Activities 7:00pm – Lymphedema Networking	7 9:30am – Upcoming Treatment Decisions? 10:00am – Reiki 1:00pm – Art Club 1:00pm – <b>Cancer Transitions: Week 1</b> 5:30pm – Yoga Therapy for Cancer 6:30pm – <b>Adult Loss of a Parent Bereavement Group</b>	8 9:00am – Restorative Yoga 10:30am – Guided Meditation 10:00am – Writing For Health & Wellness 11:15am – Living with Cancer Support Group	9 12:00pm – Grief Circle
12 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness	13 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Ovarian Cancer Networking 6:30pm – Prostate Cancer Networking 7:00pm – Breast Cancer Networking	14 10:00am – Reiki 11:00am – Gentle Laughter 12:00pm – <b>Ask The Physician</b> 1:00pm – <b>Cancer Transitions: Week 2</b> 5:30pm – Yoga Therapy for Cancer 6:30pm – <b>Adult Loss of a Parent Bereavement Group</b>	15 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group 6:30pm – Young Adult Survivors Networking	
19  CSCGP CLOSED	20 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 6:30pm – Blood Cancer Networking Group <i>sponsored by the Leukemia &amp; Lymphoma Society</i> 7:00pm – My Spouse Has Cancer Support Group	21 10:00am – Reiki 10:30am – Writing 4 Health & Wellness 1:00pm – Art Club 1:00pm – <b>Cancer Transitions: Week 3</b> 5:30pm – Yoga Therapy for Cancer 6:30pm – <b>Adult Loss of a Parent Bereavement Group</b>	22 9:00am – Restorative Yoga 10:30am – Meditation 11:15am – Living w/ Cancer Support Group	23 10:00am Knitting & Crocheting Circle
26 8:30am – Morning Mindful Meditation 10:30am – Qigong 11:00am – Living w/Cancer Support 1:00pm – Reiki 2:30pm – Breast Cancer Support Group 5:30pm – Feel Good Fitness 6:45pm – Grief Circle	27 9:30am – NIA 10:30am – Pilates 1:00pm – New Member Orientation 1:00pm – Living <u>After</u> Cancer Support 6:30pm – Friends & Family Networking 7:00pm – Breast Cancer Networking	28 10:00am – Reiki 11:00am – Gentle Laughter 12:30pm – <b>Volunteer Orientation</b> 1:00pm – <b>Cancer Transitions: Week 4</b> 5:30pm – Yoga Therapy for Cancer 6:30pm – <b>Adult Loss of a Parent Bereavement Group</b>	29 9:00am – Restorative Yoga 10:30am – Guided Meditation 11:15am – Living with Cancer Support Group	

# The Suzanne Morgan Center @ Ridgeland Mansion



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

4100 Chamounix Dr. Philadelphia

215-879-7733

## June 2023 Program Calendar

Sunday	Monday	Thursday	Friday
	29 CSCGP Closed	1 10:30am Guided Meditation	
	5 10:30am Qigong 12:00pm <b>Walking Nature Meditation</b>	8 10:30am Guided Meditation 11:00am Breast Cancer Networking Group	
11 11:00am <b>Celebration of Life Butterfly Release</b>	12 10:30am Qigong 1:00pm New Member Ori- entation	15 10:30am Guided Meditation 1:00pm New Member Orientation	16 9:00am – 3:15pm <b>Celebration of Hope</b>
	19 CSCGP Closed	22 10:30am Guided Meditation	
	26 10:30am Qigong 11:30am <b>Summer Smoothies</b> 12:00pm <b>Walking Nature Meditation</b>	29 10:30am Guided Meditation	



**CANCER SUPPORT  
COMMUNITY**  
GREATER PHILADELPHIA

## Gilda's Club

*\*(CTP) denotes Children, Teen & Family programming*

200 Kirk Road, Warminster PA

215-441-3290

### *June 2023 Program Calendar*

Monday	Tuesday	Wednesday	Thursday
29 CLOSED	30	31	1
5 12:00pm Gentle Yoga 1:45pm <b>Drumming with Mind Ur Cells</b>			
12 12:00pm Gentle Yoga 1:30pm <b>Death Cafe</b>			
19 CLOSED	20 9:30am Camp KIDS <i>*CTP</i>	21 9:30am Camp KIDS <i>*CTP</i> 6:30pm Special Equestrian Visits	
26 12:00pm Gentle Yoga 1:00pm New Member Orientation 1:30pm <b>Getting Crafty with Plants</b>	27 9:30am Camp KIDS <i>*CTP</i>	28 9:30am Camp KIDS <i>*CTP</i>	29 10:30am Writing for Health & Wellness 11:00am Arleen Boyes Quilting Circle

Tuesday May 30, 2023

12:00-1:00pm Frankly Speaking About Bladder Cancer with Dr. Peffer & Jenna Boyes

\*conference Room D, near the Gift Shop

\*lunch will be provided

Wednesday June 7, 2023

10:00am New Member Orientation

11:00am Survivor's Circle

1:00pm Art Club

Wednesday June 21, 2023

10:00am New Member Orientation

11:00am Survivor's Circle

1:00pm Art Club

1:00pm Reiki



*\*Anyone interested in joining the weekly LWC Support Group must speak with Aly Rice before attending. Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.\**

For more information & to register for programs, please contact **Aly Rice @ 215-345-2022** or email [aly@cancersupportphiladelphia.org](mailto:aly@cancersupportphiladelphia.org)

Located in the **Behind the red door on the main hallway**

**595 West State Street, Doylestown, PA 18901**



Trinity Health  
Mid-Atlantic

# ST. MARY MEDICAL CENTER

## June 2023 Program Calendar



CANCER SUPPORT  
**COMMUNITY**  
GREATER PHILADELPHIA

### Thursday June 1, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday June 8, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday June 15, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday June 22, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

### Thursday June 29, 2023

11-11:30am Guided Meditation

11:40-1:00pm Living with Cancer Support Group *\*pre-registration required*

*\*Anyone interested in joining the weekly LWC Support Group must speak with Sofie Pollack before attending. Registration is preferred for all events; drop-in visitors will be welcome at Networking Groups and Workshops.\**

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For more information & to register for programs, please contact Sofie Pollack, LSW at **215-710-4512** or email [sofie@cancersupportphiladelphia.org](mailto:sofie@cancersupportphiladelphia.org)